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WORST DAY EVER

Bargain-hunters 'disrespectful,' says Target employee. Page 3.

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BIG AND GRANDE AT THE GRAMMYS

Big Sean, left, and Ariana Grande arrive at the 57th annual Grammy Awards at the Staples Center on Sunday in Los Angeles. For more on the awards, see page 11.

JORDAN STRAUSS/INVISION/THE ASSOCIATED PRESS



CRA can now pass info to police without warrant

Omnibus bill. Lawyer questions need for new powers, privacy implications

The federal revenue agency can now hand the police possible evidence of serious crime — including terrorist activity — that it happens to come across while reviewing taxpayer files.

The Canada Revenue Agency gained the little-noticed new authority, which

does not require a judicial warrant, through an amendment tucked into the government's most recent omnibus budget bill.

Previously, confidentiality provisions in the law prevented the agency from handing information about suspected wrongdoing, on its own initiative, to law enforcement. The exception was information that pointed to tax-related crimes.

The new provisions apply to offences including breaking and entering, vehicle theft, arson, corruption and kidnapp-

ing. They also allow authorities to pass along information about any offence with a minimum prison term, or one with a maximum sentence of 14 years.

The list of offences is disturbingly broad and amounts to a fundamental change in allowing the agency to hand information to police without a court-ordered warrant — even when the alleged crimes have nothing to do with taxes, said Toronto lawyer Glen Jennings.

"Where is this need coming from?" said Jennings, who has extensive experience with

criminal and regulatory matters. "They still haven't provided examples of where this has come up before, so it still leaves me scratching my head."

Interim procedures for administering the new powers were issued to all revenue agency employees when the legislation received royal assent last June, said Philippe Brideau, a spokesman for the agency.

To date the revenue agency has not used the powers, Brideau added.

Officials expect to see "only a few instances annu-

ally where the new measures would apply," says a briefing note prepared for Revenue Minister Kerry-Lynne Findlay.

"The provisions relate only to information gathered by Agency officials in the course of their regular duties," says the June 2014 note, obtained by The Canadian Press under the Access to Information Act. "This information exchange is one-way and will be closely controlled through a set of strict criteria."

It's not clear to Jennings how tax officials would even come across information indi-

cating criminal activity. But he says the new measures leave people undergoing a tax audit vulnerable, especially given the amount of personal information now stored on computers and smartphones.

"They come in and they start asking other questions. They want to see bank records, they want to see financial records out of computers," he said. "And if that's where they're going to be gathering other information, then I think that should be very much of concern to people."

THE CANADIAN PRESS

Rideau Canal Skateway

Bystanders save women who fell through the ice

Two women in their 30s were rescued by bystanders after they fell through the ice at Dow's Lake on Sunday afternoon.

Paramedics said they received an emergency call at approximately 3:20 p.m., but the women had already been rescued before they arrived. Both were uninjured, but there were concerns they might be at risk for hypothermia.

The two women, believed to be from out of town, were skating in an off-limits area of the skateway, according to officials.

Paramedics brought them to a first-aid shack near Fifth Avenue to remove their wet clothing and warm up.

A reporter with the CBC shared video footage of the rescue via Twitter on Sunday afternoon.

The National Capital Commission (NCC), which oversees the Rideau Canal, is investigating the incident and urging skaters to stay clear of areas that are not cleared of snow.

"We are glad that nobody sustained any lasting injuries," said Jean Wolff, an NCC spokesman.

"Safety is our priority."

Wolff said the skateway is still safe for the public but explained that the snow can act as a "thermal blanket" for the ice and warned skaters to not walk or skate on uncleared areas while enjoying the Rideau Canal Skateway.

JOE LOFARO/METRO

Canadian stories

History museum launches blog

As it prepares for the opening of the Canadian History Hall on July 1, 2017, the Canadian Museum of History is inviting you to check out the progress behind the scenes.

A new history blog will share stories from all areas of the museum, including exhibitions, research, collections and conservation. The blog will also highlight the national collection and tell the stories behind the objects it contains. **METRO**



Firefighters scale the home engulfed by a two-alarm blaze on Saturday. COURTESY PETER BONEV

Neighbours try in vain to save woman

South end. Body of elderly woman found following house fire



JOE LOFARO
joe.lofaro@metronews.ca

A bungalow fire in the city's south end on Saturday killed an elderly woman, who neighbours believe was in her 90s.

Firefighters recovered her body Saturday night.

Neighbours rushed to 3340 Kodiak St. around 7 p.m. to alert the woman after

seeing flames emerge from the rear of the house.

"I ran over, and a couple other people ran over, and we were banging on the doors, but the house was totally pitch dark," said Peter Bonev on Sunday morning. "The whole rear was engulfed."

Neighbours have identified the deceased woman as Geraldine but did not know her last name. An address search on Canada411.ca reveals a listing of G Gillis. Neighbours say she lived alone and had mobility issues.

The Ottawa Police Arson Unit is investigating the in-

cident.

Ottawa Fire Services said the cause of the fire is still unknown. Firefighters found the woman inside without vital signs.

The back-right corner of the home, where a bedroom is located, is where neighbours believe the fire started, though the fire service has not confirmed this.

The back corner of the home is completely charred, with the frame exposed. By Sunday morning, icicles formed on torn fragments of insulation next to blackened walls.

One neighbour who did

not want his name published said Geraldine had been living at the house for well over a decade.

"She seemed like a very nice lady. Very quiet," he said.

He recalled seeing flames from the rear of the home reach as high as 20 feet in the air.

Another family with small children had to be evacuated from their home Saturday, during which time the city had issued a frostbite warning. A neighbour opened their door to them until they were allowed to return home just before 9 p.m.



The City of Ottawa is looking to overhaul its central library. METRO FILE

Library. City hires firm from cherished revamp

The City of Ottawa has hired a consulting firm that contributed to Halifax's newly revamped and widely adored central library to evaluate the renewal of the city's main library on Metcalfe Street.

In a status update posted online ahead of Tuesday's library board meeting, staff noted they have contracted Library Strat-

egies International for \$65,000 US. A report from July 2014 identified three options for the 108-year-old building:

- **Renewal**, \$40M, 109,000 sq. ft., life span 15-20 years
- **Renovation**, \$50M, 115,000 sq. ft., life span 25-35 years
- **Redevelopment**, \$70M, 131,000 sq. ft., life span 40+ years

JOE LOFARO/METRO

Liquidation shoppers became rude, unruly: Ottawa Target employee

Retail. Customers would load their carts and complain at checkout that the store discounts weren't 70% off: Store clerk

plain the discount wasn't deep enough, like 70 per cent off and then leave in disgust being rude to us. I'm not even sure Zellers had discounts like that the first day. As the inventory drops the deals get better."

Cox says it would normally take an hour to return stock to the shelves after a shift, but that shift was chaos.

"Last night was ridiculous. I don't think everything ended up back where it should go by the time they shut the store down."

Employees found out on Jan. 15 the store would be shutting down. Cox says this came as a real blow to them and staff are still trying to come to terms with this loss.

"Some of us really thought we were going to make a career out of this," he said. "I'm kind of at that age where getting a career is really important...Many of us have grown to

A Target employee is calling on bargain hunters to treat staff with respect after a shift he calls "probably the worst night of my life."

Twenty-eight-year-old Bill Cox was working at the St Laurent outlet of Target on Thursday, the first day of the troubled-retailer's liquidation sale, and says the general public turned into an unruly mob.

"It's just the general level of disrespect," recounts Cox. "We were finding things all over the place. People would load up a cart and then take it to the checkout and com-



Shoppers flock to a Target store in Ottawa on Thursday, Feb. 5, the first day of liquidation sales for Target Canada.
SEAN KILPATRICK/THE CANADIAN PRESS

become like family, constantly there for each other. It breaks my heart to see my fellow teammates upset, crying, and

having anxiety attacks at work due to the public's actions... It hurts, you start to get angry."

He wants the public to

understand how hard it is to be in their situation.

"Nobody knows when our last day will be. We all go

home each day, swallow our emotions and pray our redundancy letter isn't in mailbox. This puts a lot of stress on employees. (The public) are thinking we have severance, but that doesn't make it easier. Dealing with the unknown is the hardest thing you can deal with as a human being."

Cox said some customers told him employees have "nothing to worry about because we get 16 weeks severance," but it isn't true, the official notice period began Jan. 25 and employees now have a "working severance." Some workers get scheduled as little as 40 hours over a two week period, he said.

Cox says people distracted by looking for deals are not looking at the big picture.

"That's 17,000 people who have lost work. In a year people may feel the pinch themselves," he said.

OONA WOODS/FOR METRO

Fatal gang shooting rocks quiet Barrhaven neighbourhood



A police vehicle blocks Forrest Glade Crescent, where gang member Yusuf Ibrahim, 27, was shot to death Friday morning. Neighbours say this is the same corner the yellow school bus stops to collect children. OONA WOODS/FOR METRO

Neighbours were shocked Friday morning at the daylight shooting of a gang member in a quiet residential area of Gloucester-Southgate Ward.

Police say they were called to the scene on Forestglade Crescent at 9:30 a.m. where Yusuf Ibrahim, 27 was pronounced dead from a gunshot wound.

Ottawa police Chief Charles Bordeleau released a public statement saying investigators believed the homicide "is street-gang-related and was targeted."

"I am confident in the investigative team that has been assigned to this case," the state-

ment read. "At this time, retaliation is not an immediate concern, but it is always troubling when something like this happens in our community."

Despite assurances from police, neighbours were upset.

Not wishing to give her name, one mother with her young son in a minivan said it was scary and too close for comfort.

"In the daylight like that? At 9:30 in the morning? That is so shocking. The kids get on the bus right there at 8:45 in the morning. The yellow school bus."

Another woman manoeuv-

red her car past the street crowded with police and media vehicles said she would be too scared to give her name but was appalled that such violent act could take place in her neighbourhood.

"I'm very surprised. There is no trouble here. I've always felt very safe."

This was a sentiment echoed by Eddie Saiklai, who has lived in the area for 18 years. But he says it isn't all calm and quiet.

"No, this is a nice neighbourhood, we never have any kind of trouble here, well apart from that area," he said pointing in the direction of where

the shooting took place.

"It's social housing and you might get some guys being bad late at night, but just over there."

A young woman who says she is a resident of the social housing block where the shooting took place said she had predicted trouble for that street. She wouldn't allow herself to be filmed or recorded but claimed to know the victim's family and had nothing nice to say about them.

"I called it a year ago," she said. "I've lived here 20 years and I knew they were trouble."

OONA WOODS/FOR METRO



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OHIP. Local man dying of cancer seeks retroactive health care coverage

The daughter of a 79-year-old Canadian man is asking the Ontario government to grant her dying father health insurance coverage retroactive to early November, even though he's lived outside of Canada for years.

Early last November, John Holt, a former military pilot and federal civil servant, returned to Ottawa and found out he had terminal cancer.

Doctors have waived their fees, and the continuing care home where he is staying says it won't charge for his care until provincial health care coverage kicks in Friday.

But he's still left with \$61,000 in charges for tests and his semi-private room at the Ottawa Hospital.

His daughter, Caroline, says he paid his taxes during all the years he lived abroad, so he's not trying to take advantage of Ontario's health care system.

The family lost a claim before the OHIP Eligibility

Quoted

"I don't understand it.... There has to be some room for compassion there."

John Holt's daughter, Caroline

Review Committee, and is now taking the case to the independent Health Services Appeal and Review Board.

In the more than 200 cases heard by the board, not one appeal has been granted.

"I don't understand it," Holt's daughter said of her father's case. "There has to be some room for compassion there."

THE CANADIAN PRESS

On the web

For more local news, go to metronews.ca



Go federal? MacLeod has 'tough decision to make'



PC Leadership front-runner Christine Elliott, left, joins Nepean Carleton MPP Lisa MacLeod for a news conference about MacLeod's withdrawal from the leadership race and potential run at replacing MP John Baird in the federal Ottawa-West Nepean seat. OONA WOODS/FOR METRO

Politics. MPP, who pulled out of provincial PC leadership race, says phone has been 'ringing off the hook' since MP John Baird announced resignation

OONA WOODS

ottawa@metronews.ca

Nepean Carleton MPP Lisa MacLeod took her hat out of the Progressive Conservative Leadership ring on Friday and gave her support to frontrunner Christine Elliott instead.

MacLeod would have had to post another \$50,000 with the PC party if she did not withdraw from the race by close of business day Friday.

But she says that wasn't the reason she quit. While MacLeod does say the deci-

sion came about because of federal cabinet minister John Baird's sudden announcement that he was stepping down, she would not confirm she will be running in his empty seat.

Asked if his departure was behind the decision to pull out, she replied, "To be blunt, yes."

MacLeod has won her provincial riding soundly four times in a row. Since Baird made his surprise announcement this week she says her phone has been ringing off the hook.

"My constituents in Bells Corners and Barrhaven and Leslie Park and Manordale and Craig Henry have all told me it's time to come back home," said MacLeod. "I've got a tough decision to make which is the reason I have ended my campaign." MacLeod said she would make a decision on whether to run federally in the next "week or two."



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Sandi Stoliar, the producer of an Ottawa staging of *The Vagina Monologues*, says it's important young people are educated about the issues brought up in the 1996 play by Eve Ensler. COURTESY GENEVIÈVE PARISÉ

Tackling taboo, empowering young women

Fundraiser. Organizers of *Vagina Monologues* production to hold Q&A with high-schoolers

Eve Ensler's 1996 play *The Vagina Monologues* is returning to Ottawa for V-Day, a global movement aimed at empowering women, but this time it will also include a talk-back session for high school students.

"I wish we had this information growing up, before we were about to experience these things," said Sandi Stoliar, who is producing a staging of the popular play at the Bronson Centre from Feb. 20 to 22. On the final day, the matinee performance will be followed by the question-and-answer session for teens.

Stoliar said globally one in three women will be raped in their life and that teen girls need to be prepared for the danger that can confront them as they grow up.

The popular play is being staged as a fundraiser for two local organizations working to end violence against women and the global One Billion Rising anti-violence campaign. Stoliar said the goal is to raise \$50,000 to support the Sexual Assault Support Centre, Ottawa Rape Crisis Centre and their One Billion Rising campaign.

To write *The Vagina Monologues*, Ensler interviewed 200 women to get their thoughts and stories on all things female. The anecdotes range from menstruation and masturbation to female genital mutilation and

sexual assault.

The goal is to promote open discussion about things that are normally considered taboo.

The play will feature local women doing dramatic readings of the *Monologues*. Twenty-eight local women will have stage roles; in all there are between 60 and 70 women from Ottawa involved in making the production happen, said Stoliar.

"We have the potential of reaching 2,700 audience members if we fill the houses for the three shows," she said, adding the show has nearly sold out every year.

"I want the conversations to occur," said Stoliar. "Unfortunately there are horrible things that happen. But there are resources for (women) and there are ways to get support."

Organizations geared towards providing support for various women's issues will be on hand during the talk-back session to make resources available to audience members.

"The show is always a success," she said. "There's a lot of laughter and a lot of heavy stuff." **SOPHIE DESROSIERS/FOR METRO**

Ontario lags in updating health privacy laws

Ontario lags behind most other jurisdictions when it comes to protecting patient privacy.

Torstar News Service contacted every health jurisdiction in Canada and found eight have passed legislation — some as recently as last year — to force hospitals to report breaches to the relevant privacy body.

But Ontario, which has the largest population in the country, has no plans for such a legislative change.

A recent Torstar investiga-

tion found hundreds of serious health-related privacy breaches were going unreported to Ontario's privacy commission because a legislative oversight allows hospitals to handle such violations internally.

When Torstar notified Brian Beamish, the province's acting information and privacy commissioner, of some of the unreported breaches, he said he would like to see legislative change to force Ontario hospitals to report serious violations

to his office.

There has not, however, been a review of the law since then.

Beamish told Torstar last week he discussed amending health privacy laws with senior Health Ministry staff recently.

Privacy commissioners from across the country told Torstar they have seen a worrying increase in health-care professionals snooping into private medical records with wilful, malicious intent. This

trend, they said, highlights the importance of the recent legislative changes.

A recent high-profile Ontario privacy breach involved an anti-abortion activist who pried into more than 400 abortion patient files.

Health Minister Dr. Eric Hoskins said in a written statement to Torstar that he recently met with Beamish to work on strengthening the province's patient privacy protections. **TORSTAR NEWS SERVICE**



Canada

Capital Urbanism Lab Event: Winter Cities

A DISCUSSION ON THE IMPORTANCE OF DESIGN AND PLANNING FOR ACTIVE WINTER CITIES.

Thursday, February 12, 6 pm to 8 pm
NCC Headquarters
Capital Urbanism Lab
40 Elgin Street, 5th Floor, Ottawa

The National Capital Commission (NCC) is pleased to invite the public to a discussion about best practices regarding design and planning for winter cities. The following experts will explore how winter cities can be dynamic and invigorating:

- **Patrick J. Coleman**, Executive Director, Winter Cities Institute
- **Vivian Manasc**, architect, Manasc Isaac Architects, and member of the NCC's Advisory Committee on Planning, Design and Realty
- **Mike Ellis**, MCIP, Senior Planner, City of Whitehorse, YT

Topics to be explored include: climate responsive design, optimizing outdoor public spaces, winter cycling, and the use of colour and sense of place. Through its land assets, the NCC plays a significant role — with its partners and the public — in building a winter capital worthy of this great country and region.

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Please RSVP to **info@ncc-ccn.ca** by noon, Wednesday, February 11, 2015. Space is limited.
ncc-ccn.gc.ca/calendar
613-239-5000

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Canadian journalist faces retrial in Egypt over terrorism charges

Cairo. Mohamed Fahmy gave up his Egyptian citizenship to secure his release; now he faces a Feb. 12 court date

Canadian journalist Mohamed Fahmy is set to face a retrial on terrorism-related charges in Cairo this Thursday, a development his family called their "worst nightmare."

Fahmy — who has spent more than a year in an Egyptian prison — was expected to be set free after former Foreign Affairs Minister John Baird said

just days ago that his release was "imminent."

But Fahmy's family said Sunday the 40-year-old journalist and his Egyptian colleague will now be re-tried on Feb. 12.

"The trial date on Feb. 12 represents our worst nightmare, to have to go through another circus of a retrial," said Fahmy's brother, Adel.

Fahmy and two colleagues — Australian Peter Grete and Egyptian Baher Mohamed — were working for satellite news broadcaster Al Jazeera English when they were arrested on Dec. 29, 2013.

They were accused of supporting the banned Islamist Muslim Brotherhood group

of ousted Egyptian president Mohammed Morsi. They were also charged with fabricating footage to undermine Egypt's national security.

The trio denied all the allegations against them but after a trial that was internationally criticized, Fahmy and Grete were sentenced to seven years in prison, while Mohamed was sentenced to 10 years.

An appeal in January allowed their case to be re-tried, but Fahmy's family hoped diplomatic efforts would secure the journalist's release before the matter went to court again.

Grete was then freed last Sunday under new legislation that allows Egypt's president to

deport foreigners convicted or accused of crimes.

Fahmy — who had dual Egyptian-Canadian citizenship — had relinquished his Egyptian citizenship with the hope of being released under the same legislation.

"The authorities visited him before the appeal hearing on January 1, and made a deal with him to renounce it in return for his freedom," Fahmy's brother said.

"It was one of the most difficult decisions he has ever taken that has left him demoralized."

Fahmy's family also expressed their disappointment at the Canadian government.

"We have been let down by

the Canadian government's conservative approach in the handling of the case," Fahmy's brother said.

Fahmy's family said, however, that they were now taking matters into their own hands.

"We are now doing the leg work ourselves as a family knocking the doors of the prosecutor, foreign ministry and presidency," they said, adding Amal Clooney, Fahmy's human rights lawyer, has requested a meeting with Egypt's president and will travel to Cairo to press for his release.

"She had planned to fly from L.A. to Toronto to meet Fahmy upon his release but she

Canadian response

Lynne Yelich, minister of state for foreign affairs and consular affairs, said the Canadian government has continued to advocate for Fahmy's immediate release at the highest levels.

- **Concern.** She said Canada is concerned about the retrial announcement despite assurances of Fahmy's release.

hopes they can fly together out of Cairo toward freedom," his family said. **THE CANADIAN PRESS**



B.C. First Nation ordered to evacuate after heavy snowfall

Heavy snow blankets houses as residents of Kitimat, B.C., dig out Saturday afternoon after a snowstorm that left about 180 centimeters piled up, knocking out power and blocking streets in the community of about 800. Haisla First Nation Chief Councillor Ellis Ross called for the evacuation early Sunday morning of Kitamaat Village, one of the only areas near the northern B.C. town that remains without power. **ROBIN ROWLAND/THE CANADIAN PRESS**

Military

Missing artillery case still unsolved

The Canadian army somehow lost three highly-sophisticated, precision-guided artillery shells on its ways out of Afghanistan in an embarrassing case that resulted in an almost two-year investigation.

Investigators pored over five years of artillery supply logs, but could not account for the missing shells believed lost during the country's withdrawal from Kandahar in 2011.

THE CANADIAN PRESS

Banff National Park

Search for rescue worker delayed until Monday

After days of waiting for the avalanche risk to subside, Parks Canada searchers were scheduled on Sunday to set foot on the snow that buried a fellow rescuer in Banff National Park. But at the end of the day, as darkness began to fall, the agency released a statement saying the risk of avalanches remained high and would hopefully resume on Monday. **THE CANADIAN PRESS**

Justin Bieber

Auction nets over \$73k for food bank

An eBay auction for some of Justin Bieber's personal items, organized by his grandparents to support Stratford's House of Blessing Food Bank, has ended.

The auction featured Bieber's used Toronto Maple Leafs comforter, a pair of Nike shoes and a ceiling light. The shoes went for \$62,000, the comforter was sold for \$6,000, the light was bought for \$2,000, and a pillow case went for \$3,000. **THE CANADIAN PRESS**

Quebec

French language a hiring roadblock

Quebec universities say they're having trouble recruiting foreign professors due to a French language requirement they say hinder their ability to attract high-skilled, international talent.

Quebec's Immigration Minister Kathleen Weil said in an interview the government made the immigration system more flexible in December, but universities say it is still too complicated. **THE CANADIAN PRESS**

Seal meat. Cherry replies to furor over comments

Don Cherry has responded to the furor that erupted on social media after he called his Coach's Corner co-host Ron MacLean a "savage" and a "barbarian" for eating seal meat.

"Evidently I upset some people about my seal burger comments," the popular Hockey Night in Canada personality said in a comment posted over multiple tweets.

"I have friends who hunt deer and ducks and I myself have eaten venison and duck meat. Just the same as people who hunt seals and eat seal meat. I have no problem with my friends who are hunters and eat venison and duck. Just the same, as I have no problem, with people who hunt seals and eat seal meat."

However, Cherry added that he finds it "unusual" for someone to "go into a restaurant and order a seal burger for lunch."

Cherry's controversial comments came on his Coach's Corner segment on Saturday night's Hockey Night in Can-

Quoted

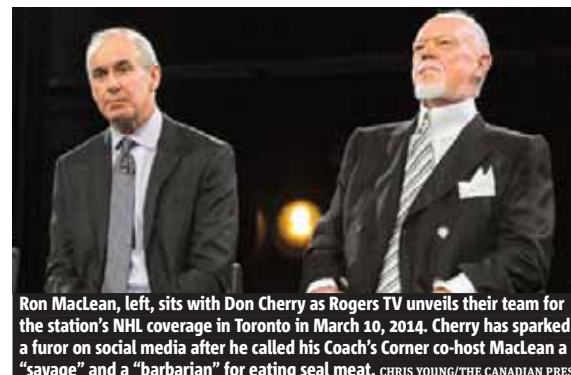
"According to Don Cherry, my Inuk friends are savages because they eat seal. The network should fire him for his racist remark."

Matthew Coon Come, former National Chief of the Assembly of First Nations.

ada broadcast. MacLean joined Cherry via satellite from St. John's, N.L., and said he had a seal burger for lunch in a local restaurant.

It remains to be seen Cherry's explanation for his comments will be enough for those who took to Twitter and called in him to apologize, including Environment Minister Leona Aglukkaq.

"Sealing is important to Inuit culture and tradition," Aglukkaq posted. "Mr. Cherry's comments last night were hurtful and insensitive. I hope he apologizes. **THE CANADIAN PRESS**



Ron MacLean, left, sits with Don Cherry as Rogers TV unveils their team for the station's NHL coverage in Toronto in March 10, 2014. Cherry has sparked a furor on social media after he called his Coach's Corner co-host MacLean a "savage" and a "barbarian" for eating seal meat. **CHRIS YOUNG/THE CANADIAN PRESS**

Jordan. Attacks launched on 56 ISIL targets: General

Jordan has launched 56 airstrikes against the Islamic State of Iraq and the Levant's (ISIL's) weapons depots, training centres and military barracks since militants released a video of them burning a Jordanian pilot to death, Jordan's air force chief said Sunday.

Meanwhile, a squadron of F-16 fighter jets from the United Arab Emirates arrived in Jordan. The UAE has said it is sending the warplane to support the kingdom, and a Jordanian government official has said they will participate in airstrikes on ISIL targets.

Jordanian officials vowed to harshly retaliate for the slaying of the pilot, Lt. Muath al-Kaseasbeh, who was set ablaze while trapped in a cage.

Since Thursday, the Jordanian air force has attacked and destroyed 56 ISIL targets, the air force chief, Gen. Mansour

Quoted

"We achieved what we were looking for: Revenge for Muath ... And this is not the end. This is the beginning."

Gen. Mansour al-Jabour

al-Jabour, told reporters. This includes 19 targets on the first day, 18 on the second and 19 on the third, he said.

"We achieved what we were looking for: Revenge for Muath," the general said. "And this is not the end. This is the beginning."

In recent days, Jordanian officials have delivered tough warnings to Islamic State, saying the retaliation campaign would not stop until the group has been destroyed.

THE ASSOCIATED PRESS



Eastern Ukrainian town rocked by weeks of gunfire

Ukrainian military vehicles drive towards Debaltsevo on Sunday near the outskirts of Artemivsk in eastern Ukraine. The government-held town of Debaltsevo, a key railway junction, has been the epicenter of recent battles between Russian-backed separatists and Ukrainian government troops. For two weeks, the town has been pounded by intense shelling that knocked out power, heat and running water in the dead of winter.

EVGENIY MALOLETKA/THE ASSOCIATED PRESS

Two Sydney café hostages recall plots to stab gunman

Quoted

"He was right below me sitting on the lounge and (I thought) do I stab him? What if I miss? What are the consequences of that, you know, who's he going to shoot?" Joel Herat, 21, talks about his thoughts during the siege

Australia. Man Horan Monis took 18 people hostage at Lindt café in the country's capital

Two staff members of a Sydney café revealed in interviews broadcast Sunday how they plotted to stab a gunman who held them hostage during a 16-hour siege in December, while two others described how they escaped the ordeal.

Joel Herat, 21, and Jarrod Morton-Hoffman, 19, said in paid interviews broadcast by Nine Network television that they armed themselves with box cutters after gunman Man Horan Monis took them and 16 other people hostage in the Lindt café in downtown Sydney.

"I've got this knife in my

pocket and I know Joel has a knife in his pocket and we are so close, we can do this," Morton-Hoffman said.

"But he had his gun. He had it on his knee and I could see that it was pointed directly at Julie Taylor," a pregnant hostage, Morton-Hoffman said.

Meanwhile, staffers Bae Jieun, 20, who was on her first day back after a vacation, and Elly Chen, 22, who had been employed for less than a week, told Seven Network television in paid interviews how Bae quietly unbolted an internal door to en-

able both to escape.

The café's 34-year-old manager, Tori Johnson, was killed after Monis forced him to kneel on the floor and then fired a cartridge to the back of his head with a sawed-off shotgun after a second group of hostages escaped, a coroner's court was told last month.

Police stormed the café, fatally shooting Monis and accidentally killing Katrina Dawson, a 38-year-old lawyer, with bullet fragments that ricocheted.

Monis, a 50-year-old Iranian-born, self-styled cleric with a

long criminal history, took the customers and workers captive and forced them to outline his demands in a series of online videos — including that he be permitted to speak to Australia's prime minister and be delivered a flag of the Islamic State of Iraq and the Levant (ISIL), the coroner was told.

The coroner's inquest is looking into how police managed the crisis, including whether snipers should have taken a shot at Monis through the café's windows.

Separately, Prime Minister Tony Abbott last week received a report on a government review of the siege and the events leading to it. The review, expected to be released in a month, examined why Monis was free on bail despite facing a string of violent charges.

THE ASSOCIATED PRESS

Middle East

Ted Cruz not ruling out U.S. ground forces against ISIL

Sen. Ted Cruz, a potential presidential candidate in 2016, isn't ruling out sending United States' ground troops to fight ISIL militants.

The Texas Republican tells ABC's "This Week" that "if need be, we should go that step. But it should be driven by the mission."

Cruz says Iraqi Kurds have a good fighting force, but need to receive arms more effectively from the U.S. Cruz wants to use Kurdish fighters — known as the peshmerga — as the ground forces in combination with U.S.-led airstrikes. He says those fighters are effective and ready. THE ASSOCIATED PRESS

Egypt

At least 25 killed in soccer riot

A riot broke out Sunday night outside of a major soccer game in Egypt, with a stampede and fighting between police and fans killing at least 25 people, authorities said.

The riot began ahead of a match between Egyptian Premier League clubs Zamalek and ENPPI at Air Defence Stadium, east of Cairo. Such attacks in the past have sparked days of violent protests pitting the country's fans against police officers in a nation already on edge. Egypt's public prosecutor issued a statement ordering an investigation. What caused the violence wasn't immediately clear.

THE ASSOCIATED PRESS

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People take part in a march to show their support for the Cameroon army fighting against Boko Haram militants in the city of Yaounde, Cameroon, Saturday. JOEL KOUAM/THE ASSOCIATED PRESS

Boko Haram hits Niger border town

Violence. Explosion kills one, injures at least six after army repulses attack, minister says

Boko Haram staged an overnight assault on a border town in Niger and a shell struck a market in the same town a few hours later, witnesses and the country's defence minister said Sunday, in a sign the extremists' offensive against the West African nation was intensifying.

The attack on the town of Diffa began Saturday night, and fighting between Boko Haram and Niger's army lasted until 5 a.m. toward the town's southern entrance before the

Regional dimension

The fight against Boko Haram has taken on an increasingly regional dimension in recent months, with the extremists staging attacks in both Cameroon and Niger last week alone.

extremists were forced to flee and calm was restored, Diffa resident Adam Boukar said. It was the second time the town had come under attack by Boko Haram since Friday.

A few hours after the attack was repulsed, a shell fired by Boko Haram struck Diffa's pepper market, which attracts traders and customers from Nigeria and other countries in

the region, Defence Minister Mahamadou Karijo told state media Sunday night. Karijo said one person was killed and at least six people were injured in the explosion. No casualty figures were provided for the earlier attack on the town.

Niger's lawmakers are expected to vote Monday on a deployment of troops to fight Boko Haram, and Karijo called for "a large demonstration to support our army."

The minister's account of the market explosion differed from those of several Diffa residents, who earlier in the day said it was a suicide attack, a common tactic employed by Boko Haram at crowded markets and bus stations in Nigeria.

THE ASSOCIATED PRESS

Police arrest teen in mall shooting near Pittsburgh

A teenager who police say opened fire at a Pittsburgh-area mall, shooting his intended target plus a couple, was arrested early Sunday after police used surveillance footage and an Instagram photo to link the suspect to the shooting.

Gunfire erupted inside the men's department on the lower level of Macy's department store at the Monroeville Mall about 7:30 p.m. Saturday, sending panicked shoppers running.

The gunman fled, but police say they were able to identify him by matching surveillance video with an image of the suspect on Instagram, according to the criminal complaint.

Tarod Thornhill, 17, was arrested at a home in Brackenridge about 3:15 a.m. Sunday. He was being held at the Allegheny County Jail pending arraignment on charges as an adult of aggravated assault, attempted homicide and



Tarod Thornhill COURTESY ALLEGHENY COUNTY POLICE DEPARTMENT

recklessly endangering other people. A preliminary hearing was scheduled for Feb. 18, according to court documents.

Police Chief Douglas Cole said two men and a woman were shot, including the man who was targeted.

"This was not random," Cole told reporters. "We have

Elsewhere in Pennsylvania

Authorities say a western Pennsylvania teenager charged in the shooting death of another teen took a selfie with the body and sent it to a friend on social media. The 16-year-old boy is charged with homicide and a firearms count in the death of 16-year-old Ryan Mangan, who was found Wednesday evening in his home in Jeannette, Pennsylvania.

evidence that leads to that." He declined to elaborate.

Davon Jones, 20, was in critical condition, Forbes Hospital spokesman Jesse Miller said. The two bystanders, Thomas and Mary Singleton, were listed in critical and fair condition, respectively.

THE ASSOCIATED PRESS

Scandal

Bill Cosby cancels Boston shows

Bill Cosby cancelled his Sunday stand-up comedy performances in Boston.

Several Boston-area women's groups said they planned to gather outside the Wilbur Theater and called for the cancellation of Cosby's two Sunday support acts.

Helen Gumpel, who appeared in an episode of The Cosby Show, was expected to hold a news conference at a Boston hotel Sunday to talk about sexual advances she alleges the 77-year-old entertainer made. THE ASSOCIATED PRESS

Iran

Now's the time for nuclear deal: Foreign minister

Iranian officials on Sunday signalled a willingness to come to an agreement, with Foreign Minister Mohammed Javad Zarif telling a gathering of the world's top diplomats and defence officials that "this is the opportunity."

The United States and its five negotiating partners, the other members of the U.N. Security Council and Germany, hope to clinch a deal setting long-term limits on Tehran's enrichment of uranium. THE ASSOCIATED PRESS

Tunisia

Thirty-two terror suspects arrested

Tunisian authorities have arrested 32 extremists and thwarted an ambitious plot to attack civilian and military sites around the country, including the Interior Ministry.

The spokesman for the Interior Ministry, Mohamed Ali Aroui, said the hunt for other suspects was still underway with plans to comb Kasserine, near Mount Chaambi, near the Algerian border where Muslim radicals are holed up resisting Tunisian soldiers trying to rout them out.

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'Sharing economy' reshaping markets

Internet. Car-sharing, finance, staffing, accommodation, music and video streaming sectors worth \$335B by 2025, research firm PwC estimates

Want to make a bit of extra cash driving strangers around in your car, taking care of someone's dog, renting your apartment or cooking a meal? Welcome to the sharing economy.

With Internet-based apps and services such as Uber and Airbnb, you make money, and the consumer saves. So it's a win-win? That's the multimillion-dollar question.

The new way of operating has been reshaping entire economic sectors, with the promise of improved efficiency and more flexibility.

The spectacular rise of ride-sharing, home-sharing and other services has turned economic models upside down, and fuelled complaints that these services skirt rules on safety, consumer protection and labour rights.

Some economists say this "peer-to-peer" model offers numerous advantages by tapping underutilized resources.

The sharing economy "can improve consumer welfare by offering new innovations,



Uber is the best-known platform in the sharing economy. QUIQUE GARCIA/AFP

more choices, more service differentiation, better prices and higher quality services," says a study by George Mason University economists.

Christopher Koopman, an author of the George Mason report, said the sharing economy "allows people to take idle capital and turn (it) into revenue sources."

"People are taking spare bedrooms, cars, tools they are not using and becoming their own entrepreneurs."

There is no official definition of the sharing economy. Some include delivery services such as Instacart and Postmates; neighbour-sharing platforms like Peerby; pet-sitting service DogVacay; and the restroom service Airpnp.

The research firm PwC estimates that by 2025, five sharing economy segments (finance, online staffing, accommodation, car sharing and music or video streaming) could be worth \$335 billion US, up from \$15 billion today.

"The sharing economy will be part of the overall economy going forward," said technology strategist Mary Jesse. "Some industries — like taxi services in transportation and B&B rentals in travel — will be completely transformed, while others, such as financial services, will be only peripherally impacted. This is part of the 'technology revolution,' as well as a new norm." AFP



A mechanic works on the engine of a TransAsia Airways ATR aircraft at the Songshan airport in Taipei, Taiwan, on Saturday, three days after one of the carrier's ATRs crashed. WALLY SANTANA/THE ASSOCIATED PRESS

Taiwan. TransAsia meets with crash victims' families

TransAsia Airways representatives met Sunday with relatives of the victims of last week's plane crash in Taiwan to discuss compensation, after it began distributing money to families of the deceased for funeral costs.

At least 40 people died after the propeller-jet crashed into the muddy Keelung River minutes after takeoff Wednesday from Taipei's airport. Fifteen of the 58 people aboard the plane were rescued. Divers are trying to find the bodies of three people still missing, by using metal detectors to locate their

watches or seatbelts.

Preliminary investigations indicate the pilots of the TransAsia Airways ATR 72 shut off a running engine after its other engine went idle, a move that aviation experts said was an error.

A TransAsia spokeswoman, Fang Chia-wen, said a second meeting would be held on Wednesday to discuss compensation matters further. She said the airline had already begun distributing 1.2 million Taiwan dollars (about \$47,500) per victim to families for funeral expenses.

THE ASSOCIATED PRESS

Google

Mapping service adds local guides

An update to Google's free online map service lets users become local guides who post reviews of businesses and venues in a challenge to Yelp.

Local Guides was described by Google as a global community of the top reviewers who reap benefits based on how much they post about businesses they visit. AFP

Markets

Traders focus on corporate Canada

Investors will be focused on earnings from corporate Canada this week as they assess how badly depressed commodity prices have impacted the bottom lines of resource companies. It has been a challenging time for Canadian resource companies as prices for metals and oil have been hammered in recent months.

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VOICES

BUDGET 2015'S BIGGEST ASTERISK: TRANSIT

City engaging in borderline magical thinking by raising transit fares while simultaneously expecting to increase ridership by a half a million



COLLINS'
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Steve Collins

We've gotten used to the asterisks and fine print beneath the low, low sticker price city council slaps so conspicuously on our annual budget.

Even this year's prominently featured two per cent increase in residential property taxes in last week's draft budget, in keeping with Mayor Jim Watson's campaign promise, comes with new qualifiers.

Provincial legislation prevents the city from raising commercial property tax rates higher than 1.39 per cent year over year. So council, making a virtue of necessity, congratulates itself for the resulting overall average increase of only 1.75 per cent — that's the number you get when you mash the low commercial increase together with the hike given to residential

property owners.

Still, memories of those zero-means-zero tax freezes and more painful hikes, to plug the budget holes in subsequent years, are fresh enough to make an argument in favour of these smaller, more predictable annual bites.

So two per cent it is, plus asterisks for the rate and fee-supported "extras" not included in the advertised price.

Chief among them are water and sewer rates, which will be jacked up six per cent this year, another \$48 per household. This is part of an ongoing 10 years of penance for past rate freezes, during which the price is expected to climb some 74 per cent. Or maybe more, as water conservation measures have put a further strain on city revenues.

Garbage rates, knocked down to \$82 per household from \$93 in 2013, will stay frozen there for a third year.

Recreation fees, unchanged for four years,

succumb to fiscal gravity this year, with a two per cent increase in the draft budget, in line with residential property taxes.

And then there's transit, where the only freeze you get is from waiting at the bus stop. Riders have come to expect a regular July 1 squeeze on the wallet, and this year will be no different.

Well, slightly different. Last year's fare hike was 1.9 per cent, in line with the property tax increase, an equal share of the pinch for transit riders.

But this year, the strap-hangers get stung for another 2.5 per cent overall. The higher fares are expected to bring in \$187.2 million and help cover \$4.2 million in improved non-peak service in the 'burbs.

The only thing is, the revenue calculations appear to depend on ridership increasing by half a million rides, without much indication of just how that's supposed to happen.

OC Transpo's ridership figures show a continuing multi-year slump from 2011's 103.5 million passenger trips, with 2.52 million fewer in 2012, another 3.17 million fewer in 2013 and a further 1.12 million disappearances in the first half of 2014.

The quarterly reports on this matter are always emphatic that the biggest factor in this long slide is the local employment rate, particularly in the public service. This bus-emptying scourge, conveniently enough, is beyond the city's control — unlike the \$20-million cut from bus service in late 2011.

So ridership continues to tank and the purported main cause of the problem is out of the city's hands. Low gas prices are likely to make commuting by car more attractive while LRT construction snarls bus schedules. Rolling all this in with a 2.5 per cent fare hike — and then waiting for business to pick up — borders on magical thinking.

Your Ottawa



It's not accessible if it's covered in snow

Kanata resident Walter McGee snapped this photo of snow-covered handicapped parking spaces at the Kanata Centrum Saturday and tweeted it to Mayor Jim Watson. The tweet drew a quick response from the mayor, with him tweeting to Kanata North Coun. Marianne Wilkinson, asking her to address the issue. McGee, who suffers from rheumatoid arthritis, said he and other people with disabilities often find it difficult to find accessible parking; piling snow atop the few spaces available only makes the situation worse.

COURTESY WALTER MCGEE

SEE YOUR SHOT HERE:
Send us high-quality snaps of your city to
readers@metronews.ca

Upcoming

Monday



Mayor Jim Watson. THE CANADIAN PRESS FILE

Mayor Jim Watson will join councillors Jean Cloutier and Tobi Nussbaum and Champions Baseball Club president David Gourlay for a ceremonial opening of the Coventry Pedestrian and Cycling Bridge, Monday at 1:30 p.m. The Bridge over Highway 417 will provide a pathway from the future site of the Tremblay LRT station and the Ottawa Stadium where the baseball team will play. **METRO**

Wednesday

The Ottawa Police Service will hold a recruitment information session on Wednesday, from 6 to 9 p.m. at Ben Franklin Place at 101 Centrepointe Dr. **METRO**

Wednesday

National Arts Centre's 4th Stage will host The Magnetic North Theatre Festival's Don't Quit Your Day Job cabaret fundraiser. The event will feature performances from local personalities such as Eric Coates, Barbara Crook, Pierre Brault, Andrew King, Terry Fitzpatrick and more. For full details and tickets, go to magneticnorthfestival.ca. **METRO**

The Grammys play it safe

Grammy Awards.

Go to bed early last night? We highlight the night's top moments so you can fake like you tuned in

Last night's 57th Annual Grammy Awards was hyped up to be one of the most dramatic and controversial ever, but despite a few stand-out moments, the night was pretty lacklustre.

Hosting duties

LL Cool J played host for the night for the fourth time and opened the show with an enjoyable tease of Going Back To Cali. He last hosted the show in 2012, a few days after Whitney Houston's death. Now, with Houston's daughter Bobbi Kristina Brown in critical condition, Cool J decided not to comment on the tragedy, instead focusing on the night's performers and nominees.

Performances

With a whopping 23 performances, there were plenty of chances for something jaw-dropping to take place, but theatrics were kept at a minimum. Usually energetic performer Ariana Grande stuck to a ballad of Just a Little Bit Of Your Heart. In general, the performances skewed older with AC/DC opening the show, Lady Gaga taking the stage with Tony Bennett and of course Madonna, who actually gave a phenomenal performance, proving she still has it at 56 years old.

Some other performances worth YouTubeing include Miranda Lambert, Kanye West and Rihanna, Hozier and Annie Lennox, and Pharrell. This was West's first-ever time performing at the award show, but he more than made up for it by taking the stage twice.

Winners

This year's most controversial award, best rap album, was announced without fanfare before the show. Eminem won, beating out Iggy Azalea, Childish Gambino, Common, Schoolboy Q and Wiz Khalifa. Considering all the controversy surrounding Azalea's nomination, everyone was definitely waiting for this one.

This really wasn't Azalea's night. She also lost best new artist to Sam Smith, who also won for best pop vocal



Smokey Robinson, right, presents Beyoncé with the award for best R&B performance for Drunk in Love. THE ASSOCIATED PRESS

More details online

For a full list of winners and more Grammy Awards coverage, go to metronews.ca

album, two predictable, yet deserved wins. Best pop solo performance went to Pharrell for Happy while best R&B performance went to Beyoncé.

Stopping Grammy hunger

Kaskade's Grammy fashion statement was inspired by worries about hunger and low blood sugar hitting him during the long-running show.

His metallic blazer looks a lot like rock candy.

"If you lick it, you'll be OK," he quipped.

The Grammy nominee also says he's pleased that EDM has finally come of age in the eyes of the people who hand out the Grammys.

There are now three categories for dance music, including best non-classical remixed recording, the one in which Kaskade was nominated.

"It's awesome," he said. "It seems like just yesterday we were fighting for a category."

Success will go to his head

Every musician has his or her own Grammy ritual.

For Weird Al Yankovic, if he wins, he takes the gramophone-shaped trophy and attaches it to his head.

"I'm kind of like a Grammy unicorn," says the accordion-squeezing funnyman, who won his fourth Grammy on Sunday.

Yankovic, who won his first Grammy 30 years ago, says it's still a thrill just to be in the running.

"I never get jaded about it," he said.

Things get surreal

Sam Smith was nominated for six Grammys, including record, album and song of the year, something he called "surreal."

But not as surreal as when Stevie Wonder asked him to drop by his dressing room. Wonder ended up performing one of Smith's songs.

"That's just crazy," he said on the red carpet.

Best remix

Tiesto's birthday gift: Grammy win

DJ-producer Tiesto remixed a song for his birthday and now he has a Grammy for it. Tiesto remixed John Legend's All of Me, which won the Grammy for best remixed recording, non-classical. "I gave it away as a free download," he said.

Let It Go

Frozen soundtrack takes two awards

The soundtrack for the animated tale Frozen won two awards, including best compilation soundtrack for visual media. Idina Menzel's Let It Go, took the Grammy for best song written for visual media. The Frozen soundtrack has sold close to four million units.

How will Sam Smith celebrate after winning the Grammy for best new artist? He wants to go to In-N-Out, that overwhelmingly popular SoCal burger chain. And don't worry about all those calories he'll rack up with a double-double or two. Smith says he's been dieting just for this night. THE ASSOCIATED PRESS



Pharrell won for best pop solo performance for Happy. GETTY IMAGES

METRO U.S. WITH FILES FROM THE ASSOCIATED PRESS

2 SCENE

Gossip

NED EHRBAR

METRO'S TAKE ON
THE WORLD OF
CELEBRITIES

Texting and driving may have played a role in the Bruce Jenner multi-car accident in Malibu over the weekend that left one woman dead.

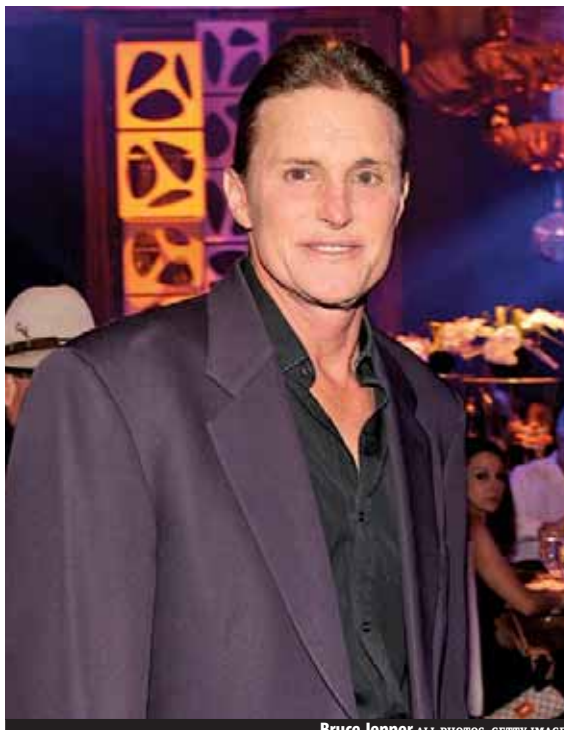
On Saturday, while driving on the Pacific Coast Highway, Jenner's Cadillac Escalade rear-ended a Lexus that was coming to a stop at a light.

The collision sent the other car into oncoming traffic, where it was struck by a Hummer, killing the driver of the Lexus.

Now law enforcement sources tell TMZ that they are procuring warrants for Jenner's phone and its records, as photos of Jenner immediately before the crash suggest he had something in his hands.

If he was found to be illegally texting while driving, he could be charged with vehicular manslaughter.

Jenner may have been texting at time of fatal accident



Bruce Jenner ALL PHOTOS: GETTY IMAGES

Katie Couric eyes Brian Williams' job

While Brian Williams takes a few days off to refresh his memory about the Iraq War, the vultures are apparently circling. Among them? Former NBC mainstay Katie Couric, who left the network for CBS in 2006 to become the first female nightly news anchor — for a little while, at least. “Katie still has deep, deep contacts at NBC. She would love to return as the Nightly News anchor,” a source tells the Daily News. “No one smells blood like Katie. She is like a shark. Brian is in deep trouble and this could be her chance. You don't get to be as successful as Katie without being ruthless.”



Katie Couric

Life isn't Rosie as O'Donnell leaves The View again

Talk about a domino effect. Rosie O'Donnell's second tenure at The View is coming to a premature end so that she can head home to deal with the end of her marriage to her wife of three years, Michelle Rounds. “I can confirm that Rosie and her wife,

Michelle, split in November,” O'Donnell's rep says in a statement. “Rosie has teens and an infant at home that need her attention. This has been a very stressful situation. She is putting her personal health and family first.” Next week will be her last week on The View.

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Arranging your piles of money

Planning. Instead of thinking about cash as one big pot, divide it into separate accounts with distinct purposes



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

I've always thought of my money in piles, separate and distinct, each with a purpose or a place: cash flow, emergency, planned spending and long-term saving.

Cash flow

Cash flow is your keeping-it-together-money. It's the money that comes in and goes out every month to pay bills, buy food, and get you from hither to yon. Your budget is the framework for your cash flow. When you get paid, the money flows in. When you pay for something, the money flows out.

If you don't have a budget, you can't possibly be managing your cash flow. Sure, you may feel like you're doing all right, but mental math is a sinkhole and it's only a matter of time before you hurt yourself. If you want to be a master of cash flow, you'll not only make a plan for how you'll use your money (a budget), you'll also use a spending journal to track your day-to-day money activities.

Emergency pile

Emergency is the money you set aside, just in case. You're supposed to build your emergency pile up to six months' worth of essential expenses,

A key concept

- The idea of piles of money is perhaps one of the most significant differences between the people who are successful at managing their money and those that aren't.
- Having allocated money to a pile, a body isn't tempted to spend it on anything else. And having piles of money can be a lifesaver if you've got a mate who can't keep his or her hand off the money in the house account. Having moved the money out of sight, it's out of mind until you've got enough to make your purchase.

which are the things that will keep body and soul together. And this money should be kept in a high-interest savings account so it's easy to get at.

I know it's pretty popular to think that putting that much money in a savings account is stupid because you can't earn enough to beat inflation, but that's not the point of the emergency fund. The point is to have cash available so that when some storm blows in, you have options to deal with it. No money, no options. You'll just have to suck it up.

Planned spending pile

Planned spending is what



If you allocate money to a specific purpose, and then move it out of sight, you won't be tempted to spend it on something else. ISTOCK

most people never do. At the start of every year I look at what I spent on gifts the previous year, divide it by 12 and move that amount into my gift account monthly. When the time comes to go shopping, I'm ready.

Tons of stuff falls into the planned spending category. From home maintenance to clothes for the kids, from vacations to that new couch you've been eyeing, if you have to accumulate money so you can make a purchase, it's planned spending.

If you don't accumulate the money and plan to count on your credit cards or line of credit to get you what you want, you shouldn't wonder at your growing debt and your sense that your money is waging you!

As to where to keep this pile of money and how to track it, I use a high interest savings account for each category (savings accounts are free) and I name it so I'm not confused about what the money is for.

Look for an account paying the best interest rate going so your money isn't sitting completely idle. If you don't want the hassle of multiple accounts, you can pile it all into one account and keep track of the various categories on a spreadsheet.

Long-term saving pile

Long-term saving is the money you don't touch for a long, long, long, long, long time. It's your retirement money. It may be your kids' school money. This money is

sacred, so you don't dip into it for any reason. When you slide this money away, it's gone, vamoosed, vanished until the end date when you need it.

As long as you see savings as something you can tap should the need arise, the previous three piles don't seem as important. Shift your focus to keeping this money socked away no matter what, and you'll soon see how important it is to manage your cash flow, have an emergency fund and plan your spending.

If you can wrap your head around the idea of piles of money instead of one big pot, then you're more likely to keep the amounts you allocate for specific purposes intact.

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Mental health. Meditation may keep the brain young

Preserving the brain's most important tissue — the neuron-rich grey matter — could be accomplished through meditation, according to a new study at the University of California at Los Angeles.

As early as the mid-to-late 20s, the brain starts to show the effects of aging, as its volume and weight start to dwindle.

Previous research has suggested that those who practise meditation have less age-related degradation in their white matter, so the UCLA team, whose study was published in the journal *Frontiers in Psychology*, sought to build on these

findings.

"We expected rather small and distinct effects located in some of the regions that had previously been associated with meditating," says co-author Dr. Florian Kurth. "Instead, what we actually observed was a widespread effect of meditation that encompassed regions throughout the entire brain."

In the study, the team compared the brains of 50 participants who had years of experience in meditation with those of 50 more with none in order to understand the relationship between age and grey matter.

AFF



Meditating could help preserve grey matter, a study has found. ISTOCK

Brain science

App uses eye tracking to boost concentration

An Israeli startup called Umooove has released an app called uHealth that aims to increase your concentration using a method called eye tracking. The app is designed in the form of two games, one to improve attention, another to hone focus. Scientists increasingly study eye tracking as it relates to brain activity and how we process information, yet smartphone therapy using the method is relatively new. **AFF**

Diet

Going organic reduces pesticide exposure: Study

A recent study at Boise State University in Idaho says that when it comes to pesticide exposure, organic foods live up to the health hype that's been surrounding them for decades. The research team worked with dietary data from 4,500 people from six cities in the U.S., and found subjects who ate organic produce had significantly less exposure to components called organophosphates than those who didn't. **AFF**

3
TILE

Acing the video interview

Career. Onscreen interviews pose a variety of unique challenges for candidates

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In today's global work environment, remote teams and global work assignments are becoming increasingly common. Video conferencing is now a part of daily business interactions, including job searching and recruiting. Here are a few tips for nailing the onscreen interview:

Location, location, location

A professional setting with no visual distractions is essential for a successful video interview. Even an office or a clean bedroom can still be a distraction to the interviewer: You want all eyes on you during your interview, and nothing in the background grabbing the attention.

For the perfect setting, try to book a meeting room in your library or school building. If you must interview from home, it may be worth setting up a temporary "set" somewhere in the house with a blank wall in the background and no clutter or household items around. Choose a place that is well lit, preferably with natural light. It should also be completely quiet.

Let family and roommates know that you have an interview and that absolute silence is required. Consider putting a sign on the door to remind people, just in case someone tries to come knocking.

Professional appearance

Professional attire is just as



If you are using a service like Skype, make sure your username and profile picture are professional and feature your real name. Consider using a professional headshot for the image. ISTOCK

Do a test run

The best thing you can do to prepare for your interview is to do a test run with a friend, using the same computer you will be using for the interview, in the same location and outfit you'll wear the day of the chat.

- Doing a test run is a great way to prevent any technical issues on the day of, and calm your nerves.

- Make sure your friend can hear you clearly, that there is no lag in the video, that the lighting is fine and your outfit looks professional and translates well on camera. Confirm that the Wi-Fi signal is strong enough so you won't need to worry about dropped calls. Have your friend watch for any ticks or habits you might have that look odd onscreen.

important on camera as it is in person. This means a complete outfit — no sweat pants on the bottom.

Be mindful of your fashion choices. Small patterns, shimmer or sheer fabrics, and sparkly accessories appear differently on camera than in person. Opt for a more conservative colour palette and make sure your top is a different colour than your background to avoid the appearance of a

floating head.

Dress the same way you would for an in-person interview at the company. If you were visiting their offices, would you wear a full suit? If so, then suit up for your on-camera appearance as well. Dressing up properly will help you "get into the zone" as well.

Mind the time difference

In many cases, if you are interviewing from a different loca-

tion than the interviewer, there might be a time difference. Confirm with your interviewer if they are in a different time zone, and don't expect them to know your time zone. Keep this in mind when committing to an interview to make sure you don't end up interviewing in the middle of the night.

Cheat!

One of the greatest advantages of doing a video interview instead of in-person is that you can cheat a little bit! You definitely don't want to be reading notes verbatim, but you can definitely have a little cheat sheet with important information to jog your memory up on the screen during your interview, without the interviewer noticing.

Keep notes to a minimum though, limiting it to information that you often forget, or questions that you have prepared for the end of the interview.

Consider keeping your résumé on hand as well so you can refer to it if necessary.

Advice

So my boss wants to be best buds



OFFICE SPACE
Eleni Deacon
life@metronews.ca

Dear Metro, Is it possible for your boss to like you too much? I work at a tiny company, and the CEO is always suggesting we hang out on weekends or grab drinks. He's about 20 years my senior, and I think he wants to live vicariously through a 'cool' younger guy. I like him as a boss, but I want to keep some professional distance. How can I turn him down without hurting his feelings?

— I Just Want to Be Colleagues

Dear IJWTBC,

A lot of underappreciated employees would spend every Saturday with their superior to have your problems. Still, bossmanes can be tricky. The manager-minion friendship brings both perks and risks.

Take stock of your boss' interpersonal style. If he's a grudge-holding game-player, keep things business: It's not worth the professional consequences if your off-hours relationship goes splat. To spare his ego, keep your daytime vibe chummy and your rejections respectful. When he throws you an invite, don't get cagey — just say you have plans and wish him good night. He may be disappointed that you're too busy to brunch, but he can't begrudge affable honesty.

If your boss is a solid guy, you might reconsider your all-work-no-play stance. Are

you averse to hangs because he's your CEO, or because you're a 'cool' younger guy unaccustomed to socializing outside your age group? You don't have to sacrifice your weekend, but a happy-hour beer could be fun.

Dear Metro, I started a new job three weeks ago and I already hate it. The work is boring and I don't click with the people. I dread going to the office every morning. It's impossible to imagine myself at this company long-term. How soon is too soon to quit?

—Emergency Exit

Dear EE,

Whether you bail tomorrow or plant for a year, eliminate your what-ifs. Totally, no-questions certain it's not the right place? There's no sense sticking around to save face. Your glum attitude will just poison your work.

But remember that first impressions aren't always lasting impressions. If there's a chance your mind might switch, press pause before hitting eject.

Get to know your colleagues. Get invested in your work. And get rid of any lingering uncertainty over the best next steps. Still dreading Mondays in a few weeks? Get outta there.

Either way, it will probably take time to land somewhere new.

This in-between phase is not a waste — it's a chance to re-evaluate what you need and want from a job. So maybe in your next position, you'll stay put.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.



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Today's students not partying as much as mom and dad did at school

Education. College freshmen focused more on their future during high school, report low emotional health

Today's high school seniors aren't partying and socializing as much as their parents' generation: They're too busy trying to get into post-secondary, and when they get there, some don't feel good about themselves, a new survey reports.

The annual survey of college freshmen by UCLA's Higher Education Research Institute found that incoming students at four-year colleges and universities last fall devoted half as many hours to hanging out with friends during their final year of high school as students who entered college in 1987, when the institute first asked respondents about hobnobbing habits.

The findings rang true to Isabella Galeazi, 18, who is juggling a job at McDonald's and a musical production internship along with a full-time course load at California State University, Fullerton. Balancing her professional and academic responsibilities with her desire for a thriving social life has proven a challenge that sometimes leaves her feeling snowed under, Galeazi said.

"My parents are always saying, 'When they were in school, when they were in school,' but I can show them my math homework and they have no clue how to do it," she said. "The workload is a lot heavier and the work is a lot harder. There is so much pressure to do well in high school or otherwise you won't get into college, and if you don't do well in col-



It's studying over socializing for many of today's high school seniors. ISTOCK

lege, you won't get a job."

The survey found that first-year-college students' sense of emotional well-being is at its lowest since the institute first asked the question in 1985.

The results are consistent with other trends that indicate millennials face greater pressure to succeed academically and have less time for fun, said Kevin Eagan, the institute's managing director and an assistant professor at UCLA.

"The declines we have seen in time spent partying and the

frequency of alcohol use in high school and the increases we have seen in the number of college applications students are submitting and their reporting feeling overwhelmed are all signs students are internalizing this message that they need to take the last year of high school seriously," Eagan said.

In the survey, nearly 39 per cent said they spent five hours or less each week socializing, compared to the 18 per cent who mingled with others that

Quoted

"There is so much pressure to do well in high school or otherwise you won't get into college, and if you don't do well in college, you won't get a job."

Isabella Galeazi
Student at California State University, Fullerton

much in 1987. During the same 27-year period, the percentage of students who said they passed six or more hours each week "partying" shrank from 35 per cent in 1987 to nine per cent in 2014.

When asked to rank their emotional health in comparison with their peers, half put themselves in the above-average category. Nearly 12 per cent rated their emotional well-being as below average, a figure that stood at 3.5 per cent in 1985.

THE ASSOCIATED PRESS

Learning. Musical training in youth keeps brain functioning longer

Learning how to play an instrument prior to age 14 and sticking with it for at least 10 years could preserve cognitive skills such as understanding human speech in old age, according to a new Canadian study from the Rotman Research Institute (RRI).

Seniors who fit this description of musical experience were 20 per cent faster when identifying speech sounds than their non-musical counterparts, according to the study, which was published in the *Journal of Neuroscience*.

"Musical activities are an engaging form of cognitive brain training and we are now seeing robust evidence of brain plasticity from musical training not just in younger brains, but in older brains, too," says lead author Gavin Bidelman, at the time a post-doctoral fellow at the RRI. Bidelman is currently an assistant professor at the University of Memphis.

Dr. Bidelman and his team used electroencephalography (EEG) imaging to assess how



From instrument to intellect, a little music can go a long way. ISTOCK

well their participants — a group of 20 healthy adults aged 55 to 75 — could classify or identify speech.

Among the participants, half qualified as being musicians according to the study's standards and the other half did not. In a controlled laboratory setting, they put on headphones and were asked to listen to and identify random speech sounds that ranged from simple, single vowel sounds of "ooo" and "ahhh" to ambiguous, mixed sounds that were more difficult to recognize.

AFP



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The secret to making juicy chicken breasts

Dinner. Simmer Mediterranean Chicken with Grape Tomatoes and Mushrooms in stock



ROSE REISMAN
For more, visit
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Chicken that is simmered in a tasty stock is incredibly tender when cooked and served in minutes.

The key is to maintain a medium-low heat to prevent the chicken from overcooking and getting dry.

Coating the chicken with flour keeps the juices in.

This recipe allows you to substitute any mushroom of your preference such as button, brown or portobello.

Directions

1. Dust the boneless chicken breast with all-purpose flour. In a hot, large non-stick skillet sprayed with vegetable spray, add the oil and sauté the chicken for 3 minutes or just until lightly browned on all sides. Remove the chicken and set aside.

2. In the same skillet, coated with more vegetable spray, add the oil and sauté the mushrooms on medium

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30 minutes or less

**TOTAL
TIME
ABOUT 30
MINUTES**

heat for 8 minutes or just until tender. Add the stock, olives, plum tomatoes, teardrop tomatoes, garlic, capers and chicken. Cover and simmer on a lower heat for 10 minutes or just until the chicken is cooked.

3. Garnish with parsley, pine nuts and feta.

Ingredients

- 1 1/2 lb boneless, skinless chicken breasts (about 4 single breasts)
- 1/4 cup all-purpose flour
- 4 tsp vegetable oil (divided)
- 12 oz chopped oyster mushrooms
- 1/2 cup chicken stock
- 1/3 cup pitted diced black olives
- 1 cup diced plum tomatoes
- 3/4 cup halved teardrop or grape tomatoes
- 1 1/2 tsp crushed garlic
- 1 tbsp capers

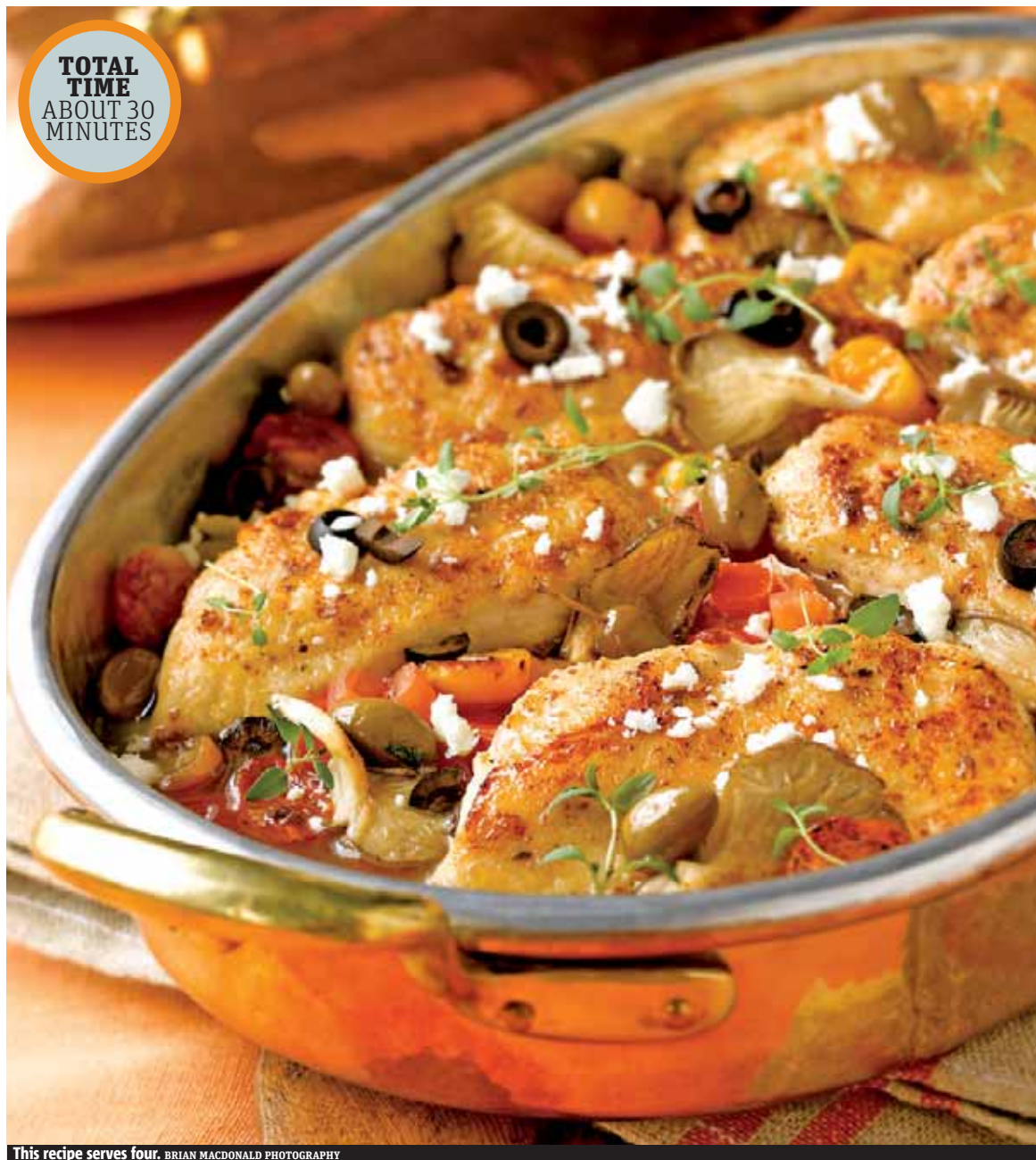
Garnish

- 3 tbsp chopped parsley
- 1 tbsp toasted pine nuts or almonds
- 3 tbsp feta cheese, crumbled

Nutritional information

Per serving

- | | |
|-----------------------|------------------------|
| • Calories. 368 | • Total fat. 12 g |
| • Carbohydrates. 14 g | • Saturated fat. 2.4 g |
| • Fibre. 4 g | • Cholesterol. 105 mg |
| • Protein. 47 g | • Sodium. 415 mg |



This recipe serves four. BRIAN MACDONALD PHOTOGRAPHY



This recipe serves four. ROSE REISMAN

A sweet take on traditional potato skins

Potato skins are so popular today that I thought I could develop a healthier version using sweet potatoes.

These Roasted Sweet Potato Skins with Tzatziki are incredible and contain an abundance of nutrients.

They have more vitamin

C, fewer calories, more fibre and fewer total carbs than the white potato.

The combo of cheeses and tzatziki complement the potato so well.

1. Preheat the oven to 450 F. Pierce the potatoes all over

with a fork and microwave on high for 6 minutes or just until they are tender. Slice each potato in half lengthwise and scoop out filling, leaving the shells intact. Store the pulp for a side vegetable dish.

2. Rub the olive oil all over

the potato skins and sprinkle all over with salt, pepper and chili powder.

3. Place the potato skins on a baking sheet and bake for 15 minutes, just until skins are crisp.

4. Add grated cheeses and bake for another minute until cheese melts.

5. Garnish the sweet potato skins with green onion and tzatziki sauce.

ROSE REISMAN

Ingredients

- 2 large sweet potatoes
- 1 tbsp olive oil
- Salt and pepper

- 1/8 tsp chili powder
- 1 oz grated mozzarella cheese
- 1 oz grated white old cheddar

cheese

- 1 green onion thinly sliced
- 4 tbsp tzatziki sauce

NHL

Hossa's heroics push Blackhawks past Blues

Marian Hossa's power-play goal broke a third-period tie and he clinched it with an empty-netter for the Chicago Blackhawks in a 4-2 victory over the St. Louis Blues on Sunday.

Bryan Bickell had a goal and assisted on the go-ahead tally for Chicago, which also got a goal from Marcus Kruger.

Vladimir Tarasenko and David Backes had a goal apiece for St. Louis, which never led and has lost two straight since a franchise-record 13-game point streak. They're 20-5-2 at home.

Standing room attendance of 19,657 was the Blues' 11th sellout and included thousands of red-clad Blackhawks fans.

THE ASSOCIATED PRESS

Flyers earn costly win over Capitals

Wayne Simmonds scored the go-ahead goal early in the third period, and the Philadelphia Flyers beat the Washington Capitals 3-1 Sunday despite losing starting goalie Steve Mason to an injury.

Jakub Voracek added an empty-netter for his 18th of the season, and Mark Streit also scored for the Flyers, who have won five of six.

Mason, who stopped all eight shots he faced, left the ice at 11:18 of the second period and had to be helped to the locker room. The team later announced he had a lower-body injury.

Ray Emery made five saves in relief.

Alex Ovechkin scored his league-leading 33rd goal for Washington.

THE ASSOCIATED PRESS



Georges St-Pierre is a longtime advocate for improved drug screening in mixed martial arts. THE CANADIAN PRESS FILE

GSP continues to slam drug-testing program

MMA. Former champ says UFC should have tests done by impartial organization

Quoted

"The fight should be cancelled because it's cheating, it's a biological weapon that you have."

Georges St-Pierre compared a fighter using steroids to bringing a knife into the ring

Former UFC welterweight champion Georges St-Pierre says the current drug-testing system in mixed martial arts urgently needs fixing.

St-Pierre, a longtime advocate for improved testing, spoke out in the wake of former middleweight champion Anderson Silva testing positive for two steroids.

The 33-year-old from Montreal opted not to say much on Silva, saying it's not his style to kick a man when he's down.

"I feel very sad for Anderson Silva," he offered.

"I don't want to talk about one individual, I want to talk about the system. The system is a big problem in the sport of mixed martial arts ... It's something that I believe the UFC and fighters should confront and deal with it. Because if you don't deal with it right now, it's going to get worse and worse and worse."

MMA needs to model itself after Olympic sports, he said.

"They have random testing and the testing is done by a competent and an independent organization (the World Anti-Doping Association) that has no interest financially in the promotion of (the sport)," he told The Canadian Press.

MMA drug testing is usually carried out by state or provincial athletic commissions. The Nevada State Athletic Commission, for example, carried out the out-of-competition test on Silva in California last month.

That test was paid by the UFC, given that Silva was preparing for UFC 183.

Commissions traditionally take a percentage of the gate of fight cards they oversee. Nevada, for example, gets six per cent of the total gross receipts from admission fees, plus three per cent of the first million dollars and one per cent of the next \$2 million of total gross receipts from broadcasting rights.

In Nevada, that money goes into the state's general revenue fund.

St-Pierre says the process of having an organization serving as watchdog over an event that brings it money does not make sense.

THE CANADIAN PRESS

NBA. Cavaliers shake off loss by beating Lakers

Kevin Love scored a season-high 32 points, LeBron James flirted with a triple-double and the Cleveland Cavaliers quickly got back to winning with a 120-105 victory over the Los Angeles Lakers on Sunday.

The Cavs had their 12-game winning streak snapped Friday night, a run that started when they beat

the Lakers on Jan. 15. This time, Love made five three-pointers in the second quarter and two more in the third as Cleveland opened a 26-point lead.

James scored 22 with 10 rebounds and eight assists in three quarters. All-star guard Kyrie Irving added 28 points and 10 assists.

THE ASSOCIATED PRESS

NBA

Clippers crushed without Griffin

The Los Angeles Clippers stumbled in their first test without Blake Griffin.

The Clippers announced Sunday that the all-star forward would be out indefinitely because of a staph infection. Without him, the Clippers lost 131-108 to the Oklahoma City Thunder.

THE ASSOCIATED PRESS

Basketball. Legendary North Carolina coach dies



Dean Smith THE ASSOCIATED PRESS FILE

Dean Smith, the Hall of Fame innovator who won two national championships at North Carolina has died. He was 83.

The retired coach died "peacefully" at his Chapel Hill home Saturday evening, the school said in a statement Sunday from Smith's family. He was with his wife and five children. THE ASSOCIATED PRESS



West Ham midfielder Alexandre Song and Manchester United captain Wayne Rooney clash during Sunday's match at the Boleyn Ground in East London. MIKE HEWITT/GETTY IMAGES

Man United's rise halted by West Ham

Premier League. With Hammers set to upset, Red Devil midfielder Blind spoils party

Manchester United needed an injury-time equalizer by Daley Blind to escape with a point from a 1-1 draw against West Ham in one of three stalemates in the Premier League on Sunday.

Trailing to a superbly improvised goal by West Ham's makeshift defender Cheikhou Kouyate, United persevered at Upton Park and got its reward when Blind pounced

Quoted

"I cannot say I'm very happy with the point.... We could have won this game also."

Manchester United manager Louis van Gaal

Race for the top four*

	W-D-L	Pts
Chelsea	17-5-2	56
Man. City	14-7-3	49
S. Hampton	14-3-7	45
Man. United	12-8-4	44
Tottenham	13-4-7	43
Arsenal	12-6-6	42
Liverpool	11-6-7	39
West Ham	10-7-7	37

* The Premier League's top four qualify for next season's Champions League.

on a weak-headed clearance to volley into the corner two minutes into added time.

"In the end, we couldn't cope with long-ball United," said West Ham manager Sam Allardyce, whose side struggled with United's late aerial bombardment inspired by Marouane Fellaini's introduction as a substitute. "It was 'pump it forward and see what you get' in the end."

With Arsenal losing and both Manchester City and Liverpool drawing, United, which had Luke Shaw sent off in injury time for two yellow cards, missed a chance to gain ground on its main rivals in the frenzied fight for Champions League qualification.

United has dropped to fourth in the table.

West Bromwich Albion began the day of fightbacks by coming from two goals down to draw 2-2 at Burnley, which could at least console itself with climbing out of the relegation zone. Then substitute Peter Crouch scored a 90th-minute header to salvage a 1-1 draw for Stoke at Newcastle in a match between two mid-table teams.

Blind left it even later, rescuing United after a mediocre display that highlighted the frailties in Louis van Gaal's expensively assembled team as it fights for a top-four finish. **THE ASSOCIATED PRESS**

Around Europe on Sunday

- **In Italy.** Adem Ljajic and Leandro Paredes scored as Roma beat Cagliari 2-1 to move within seven points of Serie A leader Juventus.
- **In Germany.** Davie Selke volleyed Fin Bartels' cross past Bernd Leno as Werder Bremen beat Bayer Leverkusen 2-1.
- **In France.** Zlatan Ibrahimovic scored in the 69th minute from the penalty spot as Paris Germain's tenacity paid off to earn a deserved 1-1 draw at French league leader Lyon.
- **In Spain.** Barcelona got goals from Lionel Messi, Neymar and Luis Suarez in a 5-2 win over Athletic Bilbao to move a point behind Real Madrid atop La Liga's table.



NFL

Bills bring in bully Incognito

The Buffalo Bills are prepared to give Richie Incognito a second chance after the offensive guard's career was derailed by the Miami Dolphins' bullying scandal in 2013.



Richie Incognito
GETTY IMAGES FILE

In a two-sentence release Saturday night, the Bills said they reached an agreement in principle to sign Incognito. He was a free agent and had been out of football since being suspended and missing the final eight games of the 2013 season.

The discipline came after an NFL investigation determined Incognito and two other Dolphins offensive linemen engaged in persistent harassment of teammate Jonathan Martin, who left the team. Martin spent last season with San Francisco.

Incognito has nine seasons of NFL experience, and briefly played for the Bills in 2009.

THE ASSOCIATED PRESS

Africa. Ivory Coast tops Ghana to win Cup of Nations

Ivory Coast goalkeeper Boubacar Barry saved the day, and then he scored the winner.

The 35-year-old veteran blocked a penalty attempt from opposing goalkeeper Razak Braimah and then stepped up to convert his own to give the Ivory Coast a 9-8 shootout win over Ghana on Sunday in the African Cup of Nations final.

The match at Bata Stadium in Equatorial Guinea had finished 0-0 after 120 minutes. The Ivorians, who have lost two shootouts in finals in the last decade, failed to convert their first two penalties, but a string of must-score shots hit the target, including goals from Yaya and Kolo Toure and Salomon Kalou.

The Ivory Coast, which won its only other title in 1992, played this time without Chelsea striker Didier Drogba, who has retired from international soccer. But the team still had Manchester City teammates Wilfried Bony and Yaya Toure, a four-time African player of the year.

Bony took the Ivory Coast's first attempt in the shootout, but he hit the crossbar. Tallo Gadji also missed.

Ghana captain Asamoah Gyan, who started the final after sitting out the last match



Boubacar Barry rides Wilfried Bony's shoulders after the Ivory Coast's win on Sunday. GETTY IMAGES

with an injury, was taken off just before the shootout. Gyan missed a penalty in the 2010 World Cup quarterfinals and then again in the 2012 African Cup semifinals.

Barry made a surprising start in goal for the Ivorians in Sunday's final. He was the 'keeper in 2012 when the team lost to Zambia in a shootout in the final, but he started this time in place of the injured Sylvain Gbohouo.

Barry also saved a shootout attempt from Ghana midfielder Afriyie Acquah. Substitute Frank Acheampong missed his attempt. **THE ASSOCIATED PRESS**

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2.5, 5 et 10 KM SNOWSHOE RACES (SUNDAY)

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AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.



Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

You will find it ridiculously easy to get people to do what you desire over the next few days. Take advantage of it.

♉ Taurus

April 21 - May 21

The people you will have to deal with today respect facts and figures, so show them your plans and let them know how you can make them work.

♊ Gemini

May 22 - June 21

There can be no more excuses for putting off something you should have taken care of a long time ago. You can and you must find a way to get it done.

♋ Cancer

June 22 - July 23

Try not to let worries and fears get the better of you today. Cosmic activity in one of the more sensitive areas of your chart means you must consciously and continually strive to stay cheerful.

♌ Leo

July 24 - Aug. 23

If you find you cannot handle a task on your own today don't be shy about getting assistance. Friends and family will rally round if you ask them.

♍ Virgo

Aug. 24 - Sept. 23

If you need to communicate with employers or other important people now is the time. You will find it easy to put across your ideas and make a good impression. Make it seem as if it all comes naturally.

♎ Libra

Sept. 24 - Oct. 23

Tell the truth as you see it. There will be a lot of confusion over the next few days and much of it will be designed to lead you away from what is going on.

♏ Scorpio

Oct. 24 - Nov. 22

Your attitude towards something will harden today and you will refuse to meet others halfway. That's good. The planets indicate you will only get where you want to go if you know your own mind.

♐ Sagittarius

Nov. 23 - Dec. 21

Spell out what it is you are planning to do and let friends and work colleagues know you could do with some assistance. Chances are they will do whatever they can to help.

♑ Capricorn

Dec. 22 - Jan. 20

You need to let someone know you are under no obligation to do their bidding. This may come as a surprise to them as you have allowed them to get away with so much.

♒ Aquarius

Jan. 21 - Feb. 19

If the plans you made a month back don't seem to be working out the way you intended, trash them today and start again.

♓ Pisces

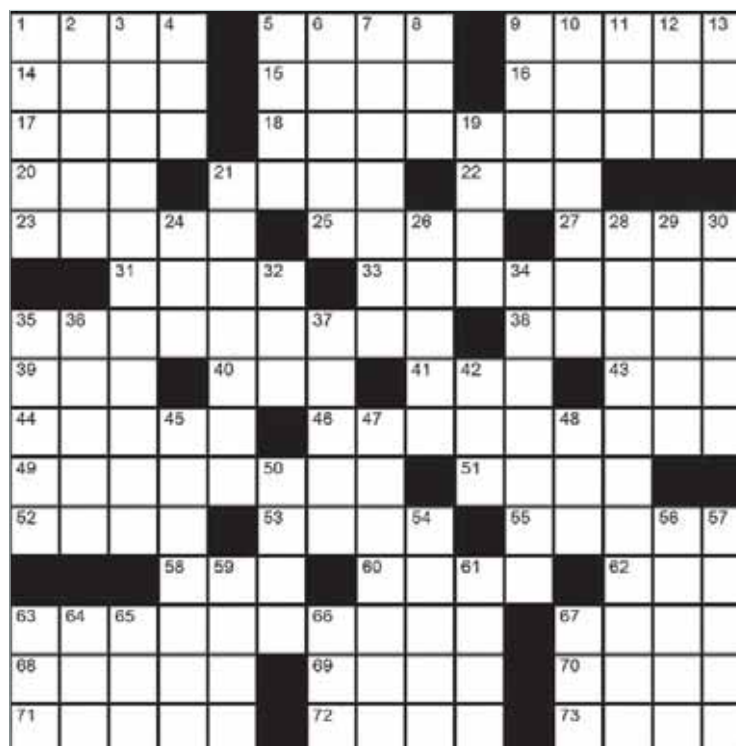
Feb. 20 - March 20

You need to explain to loved ones why you've done certain things. What matters most is that they can see it is part of a plan and not random.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Genesis guy
5. Half
9. 'Talk' suffix
14. Queue
15. Small batteries
16. Succeed: 2 wds.
17. Repair
18. 007 villain played by #45-Down: 3 wds.
20. Bio info
21. Head: French
22. Basketball play, Alley-__
23. Australia's version of a Sasquatch
27. Norwegian city
27. Celebrated waffle
31. __ the finish
33. Restrained
35. Word like Tear or Bow
38. "Madam, I swear I __ art at all." - Polonius, in Hamlet
39. Old English letter
40. Earthy prefix
41. 'Danger' suffix
43. Poet's 'always'
44. Ontario: __ Rock (Lake Superior Provincial Park pictographs attraction)
46. Haida Gwaii, BC: Ancient totems village on Anthony Island
49. Disappears
51. Online journal
52. '70s hit: " __ Tu"
53. Joni Mitchell's "The Last Time __ Richard"
55. Lyre-playing Muse



58. 'Outer'-meaning prefix
60. Barbarian
62. Garbage can
63. James Cameron and David Cronenberg
67. Troubles
68. Oscar-winner Tatum

69. Mater's mate
70. Give out
71. New Age musician
72. __-les-Mouli-neaux, France
73. "Ahem..."
2. San __, California
3. #28-Down's heroine Miss Shirley: wd. + wd. + wd. + letter
4. Pre-__ student
5. Marquis de __, "Quills" (2000) role
6. Keep one's __ the ground
7. Her __, Queen

- Elizabeth
8. Sport-on-blades fed.
9. Currency exchange fee
10. Some hairpieces
11. Possibilities
12. Truck type
13. 'Ranch' suffix
19. Swag
21. What police might use to disperse crowds: 2 wds.
24. 'Benedict' suffix
26. Kind of drop
28. Setting of Lucy Maud Montgomery's famous work: 2 wds.
29. Jean __ (The Balcony dramatist)
30. Some smells
32. Head-to-__
34. Pool movie, "The __" (1961)
35. 1, 2, 3... Lift!
36. For Better or For Worse dog
37. Canonical hour
42. PC 'key'
45. As per #18-Across... Canadian actor, Joseph __ (b.1918 - d.2009)
47. "The Jeffersons" star Ms. Sanford's
48. 'Super' suffix
50. __ snag (Become stuck)
54. Soil crawlers
56. Inclines
57. Start
59. Nero's 951
61. " __ can you..." (Anthem opener)
63. Sainte-__, Quebec City sector
64. Celebrity chef Ms. Garten
65. Mr. Dykstra
66. Trombonist Mr. Winding
67. Rapsallion

Friday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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